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A QUICKSTART GUIDE: 8 SIMPLE STEPS

HOW TO PREVENT & OVERCOME CANCER

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What I Want For You | A SIMPLE 8-STEP “QUICK START” GUIDE TO GET YOU ON THE ROAD BACK TO HEALTH TO OVERCOMING & PREVENTING CANCER, NOT JUST TO GET RID OF IT, BUT TO MAKE SURE THAT IT NEVER SHOWS UP!

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INSIGHTFUL QUOTES

Remember that we are our own symptom producers and that with good reasons, and that we are capable of mobilizing immeasurable forces for better and for worse, that we have the ability to cure ourselves, that no “cork head” is to come and banish us from life with one single word, “cancer”, which we till now have used as a death sentence. This can be enough to get struck with fear and panic, that which this word is built upon and which does not consist of anything else than erroneous and false information.

-Christian Helmrich, NMD; Cancer, the Riddle That Is No More

Your doctor is trying to provide the best treatment for you within his or her knowledge. But doctors are not taught about health in medical school - only about disease. Most doctors do not receive even ONE HOUR of training in nutrition during their four years of medical school. The pharmaceutical industry is a multi-billion dollar industry. It provides much of the funding for research in medical schools and nearly all of the advertising in medical journals. It's the old GOLDEN RULE: he who has the gold - rules! So doctors learn ONLY about drugs!

-Lorraine Day, M.D.

My cancer scare changed my life. I'm grateful for every new, healthy day I have. It has helped me prioritize my life.

-Olivia Newton John

If children have the ability to ignore all odds and percentages, then maybe we can all learn from them. When you think about it, what other choice is there but to hope? We have two options, medically and emotionally: give up, or Fight Like Hell.

-Lance Armstrong

WHAT I WANT FOR YOU....

This guide is not meant to tell you either to have conventional medicine or to reject it in favor of “natural” alternatives. What it is telling you is that **you MUST take control of your own disease (and health)** and fight this battle as the chief-of-staff. Don't be a weary front line foot soldier taking orders from a captain or colonel (oncologist)!

Soldiers get killed in every battle but chiefs-of-staff don't!

First, lets get some facts straight...

- Cancers figure among the leading causes of death worldwide, accounting for 8.2 million deaths in 2012 alone. (1)
- About 30% of cancer deaths are due to the five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol use.(2)
- The expected annual cancer cases will rise from 14 million in 2012 to 22 million within the next two decades. (1)
- Cancer is the second most common cause of death in the US, exceeded only by heart disease, accounting for nearly 1 of every 4 deaths. (3)

Cancer is one of the most feared, yet most common diseases that plague us today. The big “C” word can strike terror into your heart no matter how advanced medical science has become. You see, anyone can get cancer...and as you get older, the better chance you have of getting this dreaded disease.

So I say, we are ALL battling cancer, it effects everyone...chances are you or your loved one very close to you will develop this disease.

But, surprisingly a substantial proportion of cancers can be prevented. You see below the top external cancer risks that can cause cancer, those are all factors you can CONTROL.

And these are the top external risk factors for cancer:

1. Tobacco
2. Infectious organisms
3. Toxic Chemicals
4. Radiation
5. Unhealthy diet
6. Physical inactivity
7. Environmental factors

I have put together a simple 8-step guide that can you use to overcome or prevent cancer. I urge you read though it and send it your family and friends. Take measures in your own hands and control your health...*you will be glad you did.*

INTRODUCTION | CANCER IS A WHOLE BODY DISEASE

If you've read enough, you'll know that cancer is a disease of the whole body—and I don't mean it has spread over the whole body—I mean every part of you is involved in the degeneration that ran down and led to this condition, even if the tumor is just small and local. In fact, if they have taken it away with assurances like *"We got it all"*, this still applies and your body is still in that bad condition.

If you haven't understood this yet, you need to read more. You are missing something important.

Doctors will not tell you this vital health information because they operate in blind ignorance. I'm a fully trained MD and entitled to make this criticism. Doctors are taught that cancer is a lump and if they can stop the lumps spreading, they are controlling the disease.

Not true.

The disease is a health condition and to be safe you need to get out of that condition. Don't wait even a day. It is vital you get start on the recovery program if you are diagnosed with cancer... or a preventative plan to keep it away!

Remember my keynote rule: ANY GOOD HEALTH MEASURE IS AN ANTI-CANCER MEASURE. Live by this rule!

Here are some simple steps, which will transform your journey through sickness to health and also act as preventive measures to take to avoid the big "C". I urge you to do them right away.

1 | MAKE A DRAMATIC SHIFT IN YOUR DIET.

Be as tough as you can stand it for 3-5 days and then follow one of the other diet programs of the many that have been published.

To start, I suggest you limit yourself to just smoothies (fruits, berries and vegetables ONLY), fresh chopped fruit chunks, salads, fish and vegetables (hot or cold).

Drink herbs teas, fresh squeezed juices and spring water. It sounds extreme but, hey, it's only a few days kick-start.



This regimen is just a *holding position* but I can all but promise you this: **it will stop the cancer dead in its tracks**, while you reflect what to do and what plan to follow. **This will buy you time.**

Don't fall for the "organic" story at this time. You especially need to avoid cereals (which convert to sugars), dairy products, stimulant drinks (tea and coffee) and sugar (and honey and other sweeteners). This applies even if you are told they are wonderful, "natural" and organic even.

Avoid all manufactured foods because it's ALL junk.

Keep off these danger foods and be strict. This isn't a slimming diet where you can cheat just a teeny bit. The stakes are now too high.

As you understand better what you are doing, you can selectively re-introduce certain food items.

TOP 10 TOXIC FOOD INGREDIENTS TO AVOID

1. **Palm Oil** – Palm oil made from the palm kernel is not the same as red palm oil. When a regular fat like corn, soybean, or palm

oil is blasted with hydrogen and turned into a solid, it becomes a trans fat. These evil anti-nutrients help packaged foods stay "fresh," meaning that the food can sit on the supermarket shelf for years without ever getting stale or rotting.

2. **Shortening** – Unless the shortening is made from lard or tallow, ditch any food that lists shortening or partially hydrogenated oil as an ingredient, since these are also evil trans fats.
3. **White Flour, Rice, Pasta, and Bread** - When a whole grain is refined, most of its nutrients are sucked out in an effort to extend its shelf life. Both the bran and germ are removed, and therefore all the fiber, vitamins, and minerals. They send your blood sugar and insulin skyrocketing, which can lead to all sorts of problems.
4. **High Fructose Corn Syrup** - The evil king of all refined grains is high fructose corn syrup (HFCS). The amount of refined sugar we consume has declined over the past 40 years, but we're consuming almost 20 times as much HFCS.
5. **Artificial Sweeteners** - Aspartame (NutraSweet, Equal), saccharin (Sweet'N Low, SugarTwin), and sucralose (Splenda) may be even harder on our metabolic systems than plain old sugar.
6. **Sodium Benzoate and Potassium Benzoate** - Benzene is a known carcinogen that is also linked with serious thyroid damage.
7. **Butylated Hydroxyanisole (BHA)** - BHA is another potentially cancer-causing preservative, but it has been deemed safe by the FDA. Its job is to help prevent spoilage and food poisoning, but it's a major endocrine disruptor and can seriously mess with your hormones.
8. **Sodium Nitrates & Sodium Nitrites** - No that's not a typo. These two different preservatives are found in processed meats like bacon, lunch meat, and hot dogs. They're some of the

worst offenders, and they're believed to cause colon cancer and metabolic syndrome, which can lead to diabetes.

9. **Blue, Green, Red, and Yellow** - The artificial colors blue 1 and 2, green 3, red 3, and yellow 6 have been linked to thyroid, adrenal, bladder, kidney, and brain cancers.
10. **MSG** - Monosodium glutamate is a processed "flavor enhancer." While glutamates are present in some natural foods, such as meat and cheese, the ones exploited by the processed-foods industry are separated from their host proteins through hydrolysis.

IS YOUR DIET KILLING YOU?

It's easy to feel like your diet is killing you, especially when you have to deprive yourself of the foods you love.

But did you know the so-called "health foods" you're forcing yourself to eat could ACTUALLY be killing you?

Needless to say, this diet issue goes WAY beyond weight loss.

Because even if you're not on a strict diet, the foods you're letting yourself eat could be causing a bonfire of inflammation in your body. Which leads to nearly every major disease — **especially cancer, heart disease, Alzheimer's, and others.**

And the answer isn't any of the fad diets. They don't take into account a very important fact...

Your body is the only body like it in the history of the universe. So you have to find the diet your UNIQUE body needs!

Because here's the thing.



Your body's unique genetic code will make it have different reactions to different foods — even ones that are supposed to be “good” for you. And like I said, it goes beyond weight loss — or even allergies. **It really is a matter of life and death.**

But there's hope. I wrote a book detailing [exactly how to find the foods your body loves...](#)

...And how to avoid the ones that are causing deadly diseases like cancer to take over your life. [Click here for all the information you need about this book](#) — including how to get your hands on it.

HOW YOUR EMOTIONAL HEALTH COULD CREATE CANCER

Cancer is not necessarily a killer disease.

Some people survive it, with or without chemo and radiation. Others seem to just conquer cancer (so-called spontaneous remission).

Some people die of something else and their cancer is only discovered by chance post mortem.

Some people just fight back with a fury and they win!

Cancer is feared too much.

This fear is played upon by oncologists, who want your money. Some of them try to hoax you that if you don't start their treatment within a week, you're a goner anyway.

The truth is cancer is not erased by killing off tumors--that's given rise to the myth that it will come back.

It will come back because the root cause disease has not been addressed.

Cancer is gotten rid of by eliminating the causes. Treating the end-result (the tumor) is a fool's game.

That includes, by the way, treatments that are just substitutes for chemo, like laetrile, DCA and Protocol (Uuugggh!). Those treatments are toxins (laetrile is basically cyanide) and what I call "chemo-mentality". None of these substances have a place in the healthy

human body.

There are a very few REAL treatments for cancer.

In fact there are just four ways to truly conquer cancer:

1. Diet and nutrition
2. Chemical clean-up
3. Oxygen
4. And one other very important and often forgotten element in fighting cancer...

A few doctors are onto this FOURTH ELEMENT.

I'm one and the notable German Dr. Hamer is another.

The critical element I'm talking about is emotional unburdening. The psychology of battling cancer is absolutely crucial.

We know the mind is powerful. It can heal all by its own intention.

It's vital therefore to understand what factors are at play... and there are ALWAYS psychological factors at play (as with any disease).

To help fill in the missing body of knowledge, I felt I had to write a book on this topic.

It's called (surprise!) ***The Psychology of Cancer: Why We Get It, How To Fight It, What It Can Teach Us.***

It's an easy read and jam packed with valuable knowledge. I haven't wasted a single sentence (I don't pad my books, anyway, like some authors do).

[Click here to find out](#) how this milestone book could save your life or the life of someone you love.

It's one of my sayings, "That we are ALL battling cancer."

Someone, somewhere, close to you, is going to contract the Big C.

It affects 1 in 2 men and 1 in 3 women, that's simply a statistical fact. I want to give you a fighting chance.

I urge you to [go here and discover](#) the most critical little-known trigger factors and how to overcome them before any bad news comes your

way.

[This book](#) is the missing link in cancer prevention and treatment.

To keeping you safe and sound, beyond the reaches of chemo and radiation. Block cancer before it starts, right at the heart of things.

2 | RID YOURSELF OF EMOTIONAL TOXINS

Look, I don't care what you've been told. I only know this: all cases of cancer have had a severe psychic shock somewhere in the 3 years leading up to the tumor (not necessarily the diagnosis).

Dr. Hamer, from Germany, called it his "iron rule" of cancer and he has over 40,000 cases to prove it. In fact Galen, a famous Roman doctor, 2,000 years ago said "*Cancer never strikes a happy person*". That may be extreme but you've got to take this on board.

Stress, destructive emotions or what I have christened "negative passions" are hurting you badly. It could be argued they kill us all, in the end. But why stay passive? You need to rid yourself of these negative passions.

A docile, complaining woman for instance, who puts her husband and family before herself, always making sacrifices and "caring about others" (obsessively) is the classic victim most likely to develop cancer.

Suppressed emotions of this kind are even more toxic than the fiery extrovert ones. Buried anger and hidden resentment, the kind of thinking that puts all hopes and dreams onto the back burner, but secretly blames others for the lost opportunities, is truly deadly. You need to let go, in order to live. That's true, incidentally, even if you don't have cancer (yet!)

Caution: if you are in an emotionally toxic relationship, where you come under a constant barrage of criticism and derision, instead of nurture, I advise you to leave. Immediately.



You cannot fight cancer in an emotionally destructive environment.

Face it, it's probably that environment which brought you down. You must get out of it as sure as a drowning man or woman must get out of the water—or perish.

Whether you ever go back is up to you. People can work things out. But not in a climate of fear or oppression. I wouldn't call that a relationship, anyway.

This is harsh counseling—but you wouldn't want me to mince words or gloss over important issues, now would you?

3 |

YOU NEED TO GET DE-TOXED FAST

When I use the word “de-tox” I’m not talking about wimpy diets that are popular in women’s magazines. **I mean a real, deep down chemical clean up.** Your body is overloaded with chemical filth. Tests show pesticides, PCBs, phthalates and other crazy chemical toxins in everyone’s bodies.

Friends of mine (Dr. Bill Rea and his team) are doing research into remote lakes all over the world found these poisons in the water supply—and that was back in the 1980s. There is no pure water left on planet Earth.

Nobody is free of chemical pollution.

So, what’s the big deal if everybody is exposed, *you want to know?*

Some people might be coping (they may just get diagnosed later).

You must fight. You cannot do nothing and wait helplessly.

There is no pure water left on planet Earth.

Clean up everything you can think of in the home. Get rid of 90% of the stuff you find there, under the sink, in cupboards, in the garage, the garden shed. Most of it you don’t want. All of it will have found its way into your tissues.

Don’t forget the dangers of cosmetics, ladies! The average woman absorbs about a pound of cosmetic chemicals every year and most of them are not proven safe.

If you are reluctant to accept this, let me start you out with some examples.

Black and dark brown permanent hair dyes contain numerous ingredients, such as diaminoanisole and FD&C Red 33, recognized as carcinogens in experimental animals and the cause of relatively rare cancers in humans: non-Hodgkin’s lymphoma, Hodgkin’s disease and multiple myeloma.

Cosmetic grade talc is carcinogenic in experimental animals. Also, frequent genital dusting with talc, routinely practiced by some 17% of

women, increases risks of ovarian cancer.

A group of widely used preservatives, such as quaternium-15 and bronopol, widely used in baby products, though not carcinogenic themselves, break down to release formaldehyde, a potent irritant and recognized carcinogen.

Commonly used cosmetic detergents and foaming agents, such as polysorbates and PEG, are usually contaminated with the volatile carcinogen dioxane.

DEA, another widely used chemical detergent, will combine with nitrite preservatives or contaminants in cosmetic products to form a highly carcinogenic nitrosamine. Furthermore, recent government studies showed that DEA itself is also carcinogenic following application to mouse skin.

I don't expect you to know the chemistry of all this stuff. Just to get a grasp of the scale of the problem. These are a few examples from the world of cosmetics: stuff we put onto our precious skin everyday and absorb. Remember our skin is almost porous—why do you think hormone patches work?

But then you add cleaners, solvents, paint substances, dry cleaning fluids, plastics, PVC, aerosols and air “fresheners” (what a con), toothpaste (almost all of it contains FD & C Blue Dyes 1 & 2 and sodium lauryl sulfate (SLS), a toxic degreaser, notorious for damaging skin).

Here is a list of common ingredients found in beauty and skincare products that I highly recommend you avoid!

COMMON DANGEROUS INGREDIENT'S FOUND IN BEAUTY & SKINCARE PRODUCTS

- **Benzoyl Peroxide:** used in a lot of acne products
- **DEA (Diethanolamine), MEA (Monoethanolamine), TEA (Triethanolamine):** a foam booster that commonly causes skin/eye irritation.
- **Dioxin:** often in antibacterial ingredients like triclosan, emulsifiers, PEGs and ethoxylated cleansers
- **DMDH Hydantoin & Urea (Imidazolindinyl):** preservatives that release formaldehyde
- **FD&C Color & Pigments:** synthetic colors that contain heavy metal salts that deposit toxins in skin
- **Parabens (Methy, Butyl, Ethyl, Propyl):** used as preservatives – mainly found in deodorants, toothpaste and skin care products
- **PEG (polyethylene glycol):** found in personal care, baby care and sunscreens
- **Phthalates:** endocrine-disrupting chemicals found in cosmetics like nail polish and synthetic fragrance that can cause damage to liver/kidneys, birth defects and more health effects
- **Propylene Glycol (PG) & Butylene Glycol:** petroleum plastics
- **Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES):** used in 90% of personal-care products that foam
- **Triclosan:** synthetic antibacterial
- **Formaldehyde:** used as a disinfectant, fixative, germicide and preservative in a wide variety of products from deodorants to liquid soaps.
- **Toluene:** a common solvent found in nail enamels, hair gels, hair spray and perfumes
- **Talc:** a recognized as a carcinogenic and has been linked to increased risk of ovarian and endometrial cancers.
- **Xylene:** also listed as xytol or dimethylbenzene on nail varnish bottles



I could go on and on. I've not even mentioned the TORRENT of toxic chemicals contaminating our food, which we swallow every day.

The list will run on to thousands of pages. You have to grasp this.

No, I don't want you to go and live in a glass bubble in the middle of the ocean. That's too extreme and not necessary.

The principle we want to guide us here is that of reducing the total burden. If you get rid of 90- 95% of the contaminants, your risk will fall by 90- 95%. It's just logic.

What about the stuff that's already soaked into your tissues? I was coming to that...

4 | LOOK AFTER YOUR LIVER

Your liver is a magnificent chemical breakdown facility. It's industrial-strength detox pathways spare your life every day, breaking down these deadly chemicals we are exposed to

But no matter how wonderful this organ there is a limit to what it can cope with. It can't go on helping you if you let it get battered every second of every day, without relief. You need to support your liver and give it all the love you can.

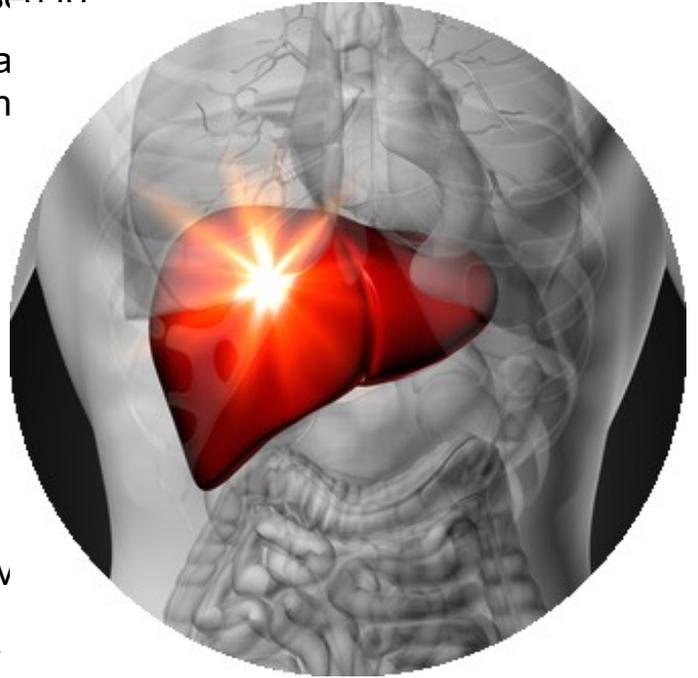
Without a fully functioning liver, you wouldn't last more than a few hours.

Doctors never educate their patients in liver care (they don't know enough liver care themselves). Even alternative practitioners are mainly foolish and ignorant (for example the stupid "liver swallowing masses of olive and when beads of oily soap are seen in the toilet, they call that "gallstones"!)

Here is a simple way to get started on liver care, without getting too technical.

First, I am assuming you have followed the diet advice above. The toxic nature of many foods, especially manufactured foods, adds unnecessarily to the liver burden. Foods in the fruit and veggie category are your liver's favorite nutrients. Eat lots of them!

Next you need to supply it with some special nutrients. You may have heard of milk thistle. Even the ancient Romans knew it would protect the liver against alcohol damage from their ridiculous drinking excesses (cirrhosis).



Milk thistle, we now know, works by increasing glutathione in the liver. **Glutathione is our number one miracle de-tox molecule.** It can beat almost all the pirates I have been talking about. But it's a bitter war because for every pirate molecule that runs off the ship, we lose a glutathione soldier. It has to be replaced constantly.

So when we are exposed to chemicals in any concentration, we need LOTS of glutathione.

Silymarin, from milk thistle is one source. N-acetyl cysteine (NAC) is another source; so is alpha lipoic acid.

In fact, alpha-lipoic acid (or these days R-lipoic acid) is probably your number one "liver friend". The superior antioxidant effects of R-lipoic acid are already well known for supporting healthy mitochondrial function, helping to preserve youthful cellular energy levels.

Foods that promote glutathione production:

- Fresh, raw milk and eggs
- Alpha lipoic acid found in red meats and organ meats (grass-fed), spinach, tomatoes, peas, and brussel sprouts
- Indian spice, curcumin
- Sulfur rich foods such as garlic, onions and cruciferous vegetables
- Milk thistle and cumin

5 | PROTECT YOUR IMMUNE SYSTEM

I have been saying for years that, despite the Cancer Mafia, there are good people out there, looking for real answers. Not every doctor is a crook nor every scientist in the pocket of Big Pharma.

Even so, I was gobsmacked when I read the words of an orthodox oncologist saying, in effect, cancer biology can be derailed and beaten with a fully-functioning immune system!

Jedd Wolchok of the Memorial-Sloan Kettering Cancer Center in New York, who led the trial just published—and which will likely set the medical world ablaze—remarked that these new antibody therapies *treat the patient, not the tumor*. Oh my! You could have knocked me over with a copy of the Journal Of Clinical Oncology!

It's true we have been edging towards this for many years. One of the approaches I mentioned in my "Cancer Research Secrets" book used antibody tagged chemo, to get it directly to the cancer cells while leaving healthy cells untouched.

Even the very slickest, fully functioning immune system can be outfoxed by cancer. That's because tumor cells find ways to camouflage themselves from the immune system.

IMMUNE SYSTEM IS KEY

Some of us, aware of what is really going on, have described cancer as basically a disease of the immune system. The most successful treatments are those that revive the immune system and boost its function, NOT those therapies which are described as "holistic" but are essentially poisons, deigned to knock out cancer cells.

The trouble has always been that if you try to poison cancer cells, you are going to poison healthy cells, ESPECIALLY immune system cells. Taking junk like DCA (dichloroacetic acid) or Protocol (Cancel, Jim's Juice, etc.), which is a mixture of sulphuric acid and other very nasty

compounds, has never made sense to me. There's no difference between that approach and chemo: poison one and try not to poison the other.

Unfortunately, if it's done wrong—and everybody is different—then the patient goes under.

But what this kind of approach to cancer healing shows us, very clearly, is that **if you bolster your immune system, you are going to have the best possible chance of knocking out cancer—permanently.**

The most powerful tools—diet and nutrition, oxygen boosters, emotional releasing and chemical clean up—are all about that one thing: reviving a flagging immune system.

6 | EXERCISE! KEEP MOVING FOR GOOD HEALTH

Your body needs all the zest and vitality it can get. Exercise and movement is good, we know it stimulates the immune system and keeps body fat under control. By keeping yourself as fit and healthy as you can, your body will be able to respond to the challenge effectively.

It's your choice... You can eat better; that's one route. But you can also exercise far more and so take in more valuable foodstuffs, without getting overweight. I'm not suggesting you do 10 miles a day. But I do believe we should all spend at least 4-5 hours a week engaged in physical activity.

Walking is the very least you should do; cycling is better; swimming or tennis is better still; workouts in the gym are not as good; neither is lengthy vigorous running, because that releases masses of free-radicals in the body.

According to report from the World Cancer Research Fund and American Institute for Cancer Research, diet, physical activity and limiting body fat could prevent over 30% of 12 different cancers and over 20% of all cancers.

Those estimates are all about the big picture -- the effect on the overall population -- not an individual's chance of developing cancer.

EXERCISE IN LOVE

If you are tired, inactive, lacking involvement or feeling resentful about what you are doing, stop and look for love.



It is vital for the peace of your soul and the good of your heart and mind that you find it.

Sourness and hating what you do is the very opposite of life's true principle of happiness.

It will lead to trouble in the long run, and it can be **BIG** trouble – such as heart disease, cancer and an early death.

I'm speaking now as a doctor.

If you can't find love in what you do and who you are doing it with, then it is time for a change. In the meantime, find something that you love; something to make you get up and do it before work; something to rush home for at night, so that you can get started with it.

A really good hobby might fulfill this requirement.

7 | THE POWER OF POSITIVE THINKING

I've mentioned the negative effects of negative emotions and bleeding over hostile or destructive thoughts.

But there is another side to the mind and its effects in disease and in health.

You can (truly) think your way to a cure. It's sometimes called positive thinking. It doesn't matter what you label it, it's about RIGHT ATTITUDE. What you believe about yourself and the possibilities for the situation you are in are critical in shaping the outcomes.

You can think of this as "*spiritual nutrition*" and it's just as important for you as right eating.

If you give up and lay down, fate will likely walk over you and tread you down. But if you decide you are captain of your own ship (there's that nautical metaphor again), then you set the course and trim the sails. It's your life!

What you believe about yourself and the possibilities for the situation you are in are critical in shaping the outcomes.

Probably nothing finishes off cancer patients so quickly and so surely as giving up control of the dangerous situation to someone else – even if that someone else is your oncologist. Doctors are living their own lives, with their own agendas and purpose, and you must trust me when I say that this has NOTHING to do with your fate or happy outcome. To them you are a pawn in an impersonal game they play every day.

For you it is deadly serious and their rules, anybody's rules, do not necessarily apply. This is the story of YOU, not the "average" person (whatever that means). The textbook does not apply to you because you are not a bookcase, **you are a living being with your own mind and your own drives.** Almost everyone who survived and beat this disease did so because they refused to accept the routine or normal.

What you must be especially on guard against is doctors telling you

what THEY think is going to happen. Doctors get it so absurdly wrong, so often, it would be laughable if the topic were not so deadly serious.

It's great to be smarty Aleck and pronounce when a patient is going to die. It gives you immense power and prestige, *doesn't it?*

Well, it didn't for me. Yet doctors go on doing it and I can't think of any other reason. Or actually, I can: cruelty or stupidity is the other two obvious reasons.

Stupidity I put there because the average doctor cannot seem to get it into his or her head and work schema that Nature heals, that patients recover and that disease has a healing purpose.

Why else would doctors go on telling cancer patients "You have 6 months to live" (or weeks or whatever)?



Don't they see it's going to be a self-fulfilling prophecy in most cases? A patient under the duress of feeling sick and frightened is told by this powerful authority figure "You are going to die"; what do you think will happen?

Right! The patient's subconscious will take this pronouncement on board and make it come true. That way the doctor looks good – he or she got it right. But it doesn't come under the functions of a doctor as I understand them.

If a doctor ever says such words to you, translate them as follows: "I don't know what I'm talking about and I don't know what I'm doing. I suggest you

find a natural healer and follow a spiritual and lifestyle path to a cure."

The fact is that every disease you can name, of every severity, has

been survived by others before you. People sick unto death and not expected to last the day have got up and walked out of hospital; terminal cancer patients, whose bodies were riddled with secondaries, have recovered and the tumors gone away (and stayed away for the rest of their lives); people who were paralyzed have walked again (done a few of those myself) and even genetically-determined conditions have disappeared, no matter the DNA message.

Doctors must stop pronouncing on patients what becomes a death sentence by impact. Don't let 'em scare or bully you!

It usually needs little more than a change of mind, a determination by the patient, the will to survive, and the natural healing process kicks in. Mostly, I have noticed, the patients who survive have a slight scorn or even contempt for the doctors who failed them. That's probably why they won't agree to the death sentence.

The fact is, whatever you are facing, there is a path back to health. You may have been living where this path is very hidden and overgrown with intellectual weeds. But it's there. It's ALWAYS there. You only have to find your path!

AVENUES TO TRY

Dr O. Carl Simonton, a radiation oncologist, showed the power of positive imagery in mastering cancer. His critics argue it has not been proven to increase survival.

Well playing computer games in which the patient shoots down malignant cells has definitely been shown to do so. Let the skeptics go hang.

The fact is that since time immemorial, it has been known that **the mind is an immensely powerful tool for changing reality and experience**. The cold, impersonal (and mostly erring) pseudo-science of Western medicine simply has no grasp of this idea.

The fact is that you cannot subject mind power to double-blind cross-over trials. That doesn't make it unscientific. You can't subject gravity to double-blind cross-over trials; does that mean gravity is unscientific—a hoax?

For a comprehensive overview of mind and spiritual methods, I can't

do better than recommend Marc Ian Barasch's book "The Healing Path". Marc had thyroid cancer. But he happened to be editor of the New Age Journal and so he knew better than most where to look in his search.

In this book, which someone called a "watershed", Barasch has assembled an enlightening collection of field notes, anecdotes, meditations, and personal accounts of individuals who have grappled with cancer (and life-threatening illnesses). He adds insights from a variety of healers, including Indian medicine men, Tibetan lamas, practitioners of Chinese medicine, and Brazilian psychic healers.

Barasch challenges readers to move beyond conventional Western understandings of medicine and the total reliance upon doctors. Western scientific medicine isn't as clever as it likes to think. In fact it's mainly disappointing when it comes to real healing and not patching over problems.

The soul approach to illness presented by Barasch validates the link between inner spiritual work and true healing. It also celebrates the potential healing- message of illness and the importance of finding a way of living that involves self-acceptance and a sense of purpose.

It might surprise you to know many people have rejoiced in the fact they got cancer: it woke them up to a whole new and wonderful world of the Self that they had been missing.

There is nothing like a brush with death to really focus the mind, after all!

DO YOU HAVE A CANCER PRONE PERSONALITY?

Sometimes it's called the "hit and sink" phenomenon, referring to the children's game of Battleship...

Imagine a person who never felt fully welcome during childhood, or simply had cold, distant, or demanding parents who gave little or no encouragement. Later, this person conforms to what everyone expects of them, to avoid conflict. They safeguard their emotional security by investing heavily in their profession, marriage or children.

When that investment is threatened or lost, the childhood grief returns, and the emotional suffering is more profound than ever —

leading to feelings of helplessness, despair, and abandonment.

When the second “hit” strikes, a person’s psychological and/or physical structure may collapse.

The Emory University lab of Charles B. Nemeroff, MD, PhD, published a study based on this theory... finding that depressed adult patients with traumatic childhoods had stronger inflammatory factors — ones contributing to cancer development — and reacted far more than most people to lab-induced stress.¹⁰

An animal experiment by Martin Seligman, PhD, at the University of Pennsylvania demonstrates this perfectly. Warning: I find this study distasteful, and you may, too, but we can learn something from it:

Rats were grafted with cancer cells that were known to induce a fatal tumor 50% of the time.

In this experiment the rats were placed into one of three groups:

Control group: The animals received the graft but were not manipulated in any way.

Group 2: Rats were given small electric shocks, which they could learn to avoid by controlling a lever in their cage.

Group 3: Rats were grafted, and given electric shocks — but there was no escape mechanism available.

As published in *Science*, having an escape mechanism had a very clear effect on whether they succumbed to cancer.

Surprisingly, Group 2, which could avoid the shock by controlling a lever, rejected cancer development more effectively than the control group — 63% of Group 2 rejected it, while 54% of the control group rejected it. That’s how important it is to feel you have some control, some ability to manage your own fate.

Sadly, only 23% of the animals subjected to electric shock without means of escape could overcome their cancer. It appears that the helplessness of their situation speeded up the tumor’s spread.¹¹

Apparently, it’s the **persistent feeling of helplessness or hopelessness that affects your body’s reaction to the disease.**

Does the quality of your relationships make a difference?

Psychiatrist David Spiegel, MD, from Stanford University, believes that to be fully human, people need authentic relationships.

As a young psychiatrist he had the opportunity to work with psychotherapist Irvin Yalom, MD, who was testing this idea.

Together they held weekly support groups for seriously ill women, all of whom had metastatic breast cancer; survival expectations ranged from a few months to a few years.

In the study, these groups of 8 to 10 women met weekly.

They talked about their fears, their loneliness, and their anger... along with their desires and ways of coping with the disease.

They soon learned a fundamental lesson of life... Everyone is wounded to one degree or another, and is ashamed of it.

But at this point in their lives, there was nothing left to hide. So they shared their innermost thoughts and fears with one another. For some, it was their first time experiencing such a high level of trust.

Something quite miraculous happened then. The meetings were filled with natural laughter and camaraderie. Somehow by accepting their own wounds, they had opened the way to positive emotions, joy, the desire to live, and more.

For a year these women met regularly before going their own ways.

Spiegel compared the psychological state of these participants with women (with the same diagnoses and medical treatments) who did not participate in these group meetings.

The women who had learned — thanks to the support group — to confront their fears, to express their inner feelings, and to experience more authentic relationships, were less likely to experience depression, anxiety and even physical pain. 12,13



Support groups can double survival time.

Spiegel expected the groups to improve their entire emotional state.

But he never expected to discover what he did about the course of the disease — or the chances of survival.

He was totally convinced there was no link between a patient's mental state and the development of cancer... In fact, he was outright enraged by those who attributed cancer to psychological effects.

To finally prove that this hypothesis was false, he intended to show that the women in the support group did not live any longer than those in the control group.

But when he followed up with these women, a big surprise awaited him.

Ten years later, three of the 50 support group members answered the telephone themselves. Considering how extremely grave their condition was, that was simply astounding. Not a single member of the 36-women control group had survived so long. The women who hadn't enjoyed the benefit of a support group had all passed away.

While questioning the families about how long the support group members had survived, he found that they'd lived on average twice as long as the members of the control group.

He even discovered a difference between regular attendees and sporadic attendees of the groups. **The more regularly a woman attended, the longer she had survived.**

It's important to stress that all the patients had similar diagnoses at the beginning, and that the selection of those who joined the therapy group versus the control group was completely random. The study was designed to guarantee that members of the therapy group didn't survive longer just because they had better health to start with, or because they had a different psychological disposition. The outlook for both groups was the same at the beginning.

When these results were published in *The Lancet*, they rocked the medical establishment.

Thanks to this study, the link between mental state and the development of disease progressed from being some kind of crazy

“new age” idea to a respectable scientific hypothesis.

Today David Spiegel is associate director of the Department of Psychiatry at Stanford University, and one of the best-known academic psychiatrists.

When asked to explain his unusual findings, he said:

“Feelings you can’t express become an internal obstacle. They use up resources we don’t completely understand. Expressing and accepting them stops using these resources to keep them out of awareness. How that translates in how the body fights illness is still a mystery but I’ve come to believe it does, and we are beginning to understand the mechanisms.”¹⁴

Since then, other studies have tested this same hypothesis. Four had results comparable to Stanford’s. Six observed no effect.

Why happiness impacts more than ‘just’ your mental health...

We now know that stress causes hormones to be released to activate your body’s “emergency” response (such as the inflammatory response), which can facilitate the growth and spread of tumors.

What’s more... at the same time, stress slows down any functions that can possibly be “put on hold” — like digestion, tissue repair, and immune system maintenance. Stress causes the body to put aside all those needs while it deals with the “crisis.” And that’s what chronic stress is: a feeling of continually being in crisis, under attack, pushed to the wall.

During the past 20 years, a cutting edge new medical field has begun studying the specific link between psychological factors and your immune system function. It’s called psychoneuroimmunology. It connects the dots between psychology, neurology, and immunology.

It's a bit complex, but everything suggests that the cells of your immune system (NK cells and T and B lymphocytes) are especially sensitive to feelings of helplessness... such as the overwhelming feeling that nothing can be done to overcome the disease — like those poor rats that were afflicted with shocks and had no way to stop them. If it goes on long enough it can result in the loss of will to live. Just like Seligman's rats.



Humans, unlike the lab animals, can rediscover the will to live. We can experience a decisive turning point in the course of a disease.

Reconnecting with anything alive — the tree outside your window, children running through the hallway or down the street, your dog or cat, even the breaths you take — can prompt your immune system to rally and fight on.

Shut down depression before it shuts down your immune system.

8 | ANTIOXIDANTS REDUCE THE RISK OF CANCER

While the crackpots and crooks in conventional medicine tell us that antioxidants, especially vitamins C and E, selenium and beta-carotenes, are dangerous and “cause” cancer, here’s a refreshing study that shows without question they are not, do not, and may well reduce the incidence of deadly pancreatic cancer by TWO THIRDS.

Pancreatic cancer kills more than 250,000 people worldwide each year. Only 3 percent of people diagnosed with the disease live beyond five years. So anything with such a sensational effect is welcome. Genes, smoking and type 2 diabetes are all risk factors, but diet is believed to play a role as well.

It’s true that conventional researchers are getting on the trail of diet as a cause of cancer. But they still don’t really get it.

They are thinking in terms of factors in the diet, which are “carcinogenic” (cancer causing). It’s what is NOT in the diet that’s carcinogenic! If there are no decent nutrients in the junk diet, how can the body have a healthy defense system and ward off what is really quite a common challenge to the body. Cancer cells, we know, are everywhere but easily mopped up on a daily basis by the immune system.

Plus we know for sure that antioxidants prevent cancer and help in the fight against it, once established.

In the new study, researchers led by Dr. Andrew Hart of the University of East Anglia tracked the long-term health of more than 23,500 people, aged 40 to 74, who entered the study between 1993 and 1997. Each participant kept a food diary that detailed the types, amount and method of preparation for every food they ate for seven days.

After 10 years, 49 participants (55 percent of whom were male) had been diagnosed with pancreatic cancer. By 2010, the number of participants diagnosed with pancreatic cancer increased to 86 (44 percent were men). On average, patients survived six months after

diagnosis.

The researchers found that people with the highest dietary intake of selenium were half as likely to develop pancreatic cancer as those with the lowest intake. Those who consumed the highest dietary intake of all three antioxidants — selenium and vitamins C and E — were 67 percent less likely to develop pancreatic cancer compared to those with the lowest intake.

That's down two thirds.

THE LINK BETWEEN CANCER & CARBS: NOT SO SWEET AFTER ALL

Despite the fact that millions of people have survived cancer, the treatment is basically as bad—or worse—than the disease itself. That's not my kind of medicine. This isn't supposed to be torture or abuse!!

And what's worse... ***You might still be at risk for cancer coming back.***

How is that possible? Let me explain...

You can let yourself in for surgery, chemotherapy, or radiation if you want, but all three do NOTHING to address the reason you got cancer in the first place. You have to get to the root of the problem if you want to kill cancer for good.

Which is why [I've prepared something here](#), especially for you today. You'll have the opportunity to find out the REAL causes of cancer — and every alternative health weapon YOU can use to beat this ugly disease.

[Keep reading](#) for more details.

CONCLUSION

So that's it then. This is a short journey and has no pretensions to be more than just a "fast start" on your journey towards healing and using these tips at prevention mechanisms.

I think the message is very clear. Survival of cancer requires general health measures that will protect you against ANY disease process. That starts and ends with diet; includes detoxing; requires elimination of toxic emotions; and not smoking, taking exercise and generally being moderate.

We should all be doing that. In which case we are unlikely to get cancer and will probably survive it if we do!

It only remains for me to wish you well and point you in the direction of my super-informative ["Cancer Research Secrets"](#), in which you will find all these issues, in addition to therapies that work and those that don't and many more treated in depth, with considerable skill and knowledge.

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